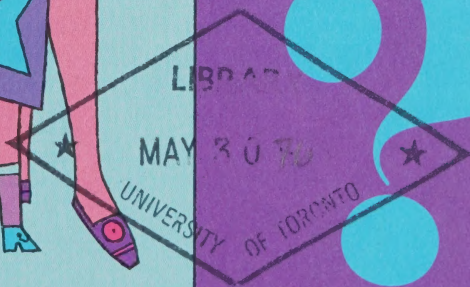


CA24W
SM
-Z 223



Can You Baby- Sit Tonight



Ontario

ONTARIO MINISTRY OF COMMUNITY AND SOCIAL SERVICES
HON. RENE BRUNELLE, Minister/T. M. EBERLEE, Deputy Minister

We want to help

Baby-sitting is an important part of our way of life since by law no children under ten can be left alone. Thanks to baby-sitting, parents get a chance to enjoy an evening of recreation together; teenagers earn pocket money without having their studies suffer; boys and girls, interested in children, get valuable experience in responsibility.

The Ministry of Community and Social Services wants to see children happy and well cared for. That's where you come in. This is your book. It is full of important ideas, from safety facts to games you can play, all designed to help you to be a good baby sitter.

CH2010
SM
-Z223

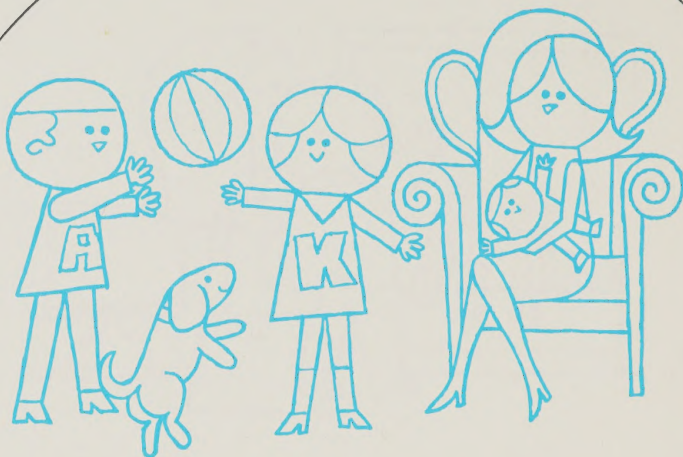


You take on a big responsibility

When you baby-sit, a human life is put in your care. There is no greater trust that can be given. You are a great help to a mother. Baby-sitting means she can get important work done, or have a few hours of very necessary relaxation.

She is trusting you with her dearest possession, and she must know she can depend on you. Reassure her. Have certificates of health and good character ready. Be careful, patient and considerate, remembering that young children will learn some of their first lessons in life from you.

You also will be learning lessons. This is probably your first job. Practise good habits. If you are regular and dependable from the start, you will find your baby-sitting days will help prepare you for full-time work.



Would you be a good baby sitter?

DO YOU LIKE CHILDREN?

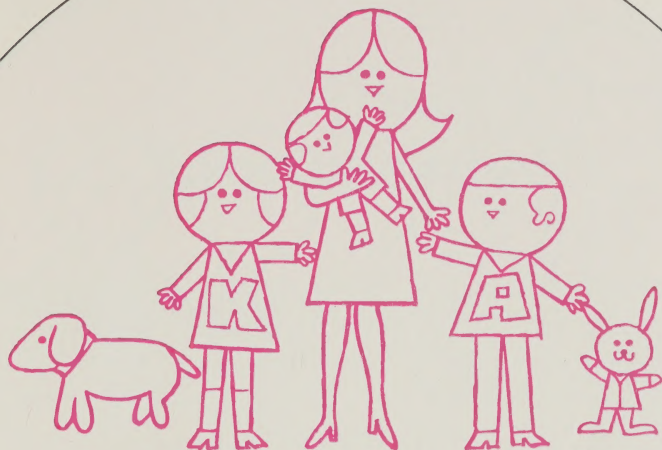
Ask yourself this most important question. If you like children you will be a good baby sitter. Children know who is their friend. If you are happy in their company and find it easy to be patient with them, anything you need to know will be easily learned.

ARE YOU DEPENDABLE?

Baby-sitting is a way of earning a little money. But with it come obligations and duties. The children come first, and you must realize you cannot count on much time to yourself because they may need attention. Take homework with you if you like. You probably will have time to do it. But take something that does not have to be ready for the next day, in case the children require more of your time than you expected.

Be reliable and thoughtful. If through some emergency you cannot show up, let the parents know at once. It's helpful to have some friend whom you could recommend to take your place.

Be on time. Even a few minutes can spoil the parents' evening. It's better to be a little early. Then the mother will not have to rush through her instructions and you may be able to help her with last minute tasks.



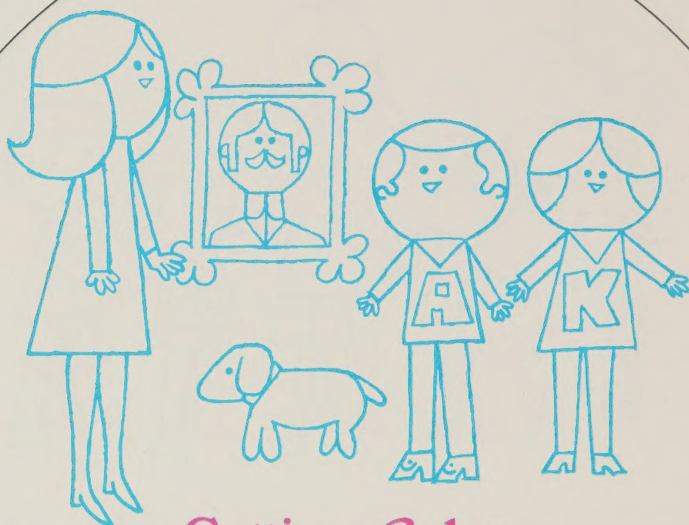
DO YOU PRACTISE GOOD MANNERS?

Good manners include respect for the privacy of another person's home. Wait to be invited to use the radio or television and be sure you do not play them so loudly that you disturb the neighbours or cannot hear the children. Find out where the children's rooms are, how the stove and furnace work and where the light switches are. Beyond this show your respect by not looking into desk and bureau drawers.

Bring your own snack, unless you've been invited to help yourself. Do not talk too long on the telephone in case the parents are trying to reach you with important instructions. If the phone rings, answer it and write any messages down.

A friend? You may ask the parents if you may bring a friend. Your own parents should know of the plan, too. The best arrangement, though, is to go alone and busy yourself with homework after you have attended to the children.

Personal neatness also is important. Be sure you look neat and your manner is pleasant and alert. Leave things tidy. If you make the children dinner or a snack, tidy up the kitchen afterwards unless you are too occupied with the children.



Getting ready

FIND OUT ABOUT THE CHILDREN

Always find out in advance how many children there are in the family and their names, ages and interests. It's best to baby-sit at homes near your own for people and children you know. If you have any questions about understanding children, discuss them with your mother or a close neighbour who has children.

If the home is strange, ask to go over ahead of time to become acquainted with the children. Make sure your own parents know where you will be and how you will get home.

FIND OUT ABOUT PETS

You'll want to know ahead of time about any dogs or cats, and what they're allowed to do. Get to know dogs while the parents are still there since many dogs feel protective towards the family children and may resent a stranger.

FIND OUT IMPORTANT FACTS

Prepare a card ahead of time and have the parents fill it in before they leave. Remember that little children will try you out by telling you "I usually stay up until nine o'clock". Written instructions will help you meet this situation.

Here's an example:

7:00 p.m. Put Kathy to bed.

She usually goes without trouble and falls asleep quickly.

8:00 p.m. Andy's bedtime. He may have milk and a cookie after he's in bed.

His door is left open with the hall light on.

Information card

NAME OF PARENTS <i>Mr. and Mrs. T. MacDonnell</i>	
ADDRESS <i>350 Montgomery Street</i>	
TELEPHONE: HOME <i>837-4006</i>	BUSINESS <i>233-1959</i>
WHERE PARENTS CAN BE REACHED DURING ABSENCE <i>327 Rita St. 837-4746</i>	
NAMES AND AGES OF CHILDREN <i>Andy 7 years</i> <i>Kathy 5 years</i>	
BEDTIMES AND USUAL ROUTINES <i>7pm. Kathy's Has crackers first bedtime.</i> <i>8pm. Andy's bedtime. Leave light on - afraid of dark</i>	
NEIGHBOURS WHO MAY BE CALLED:	NAME <i>Mrs. B. Shelton</i>
NAME <i>Mrs. P. McCaw</i>	ADDRESS <i>355 Montgomery</i>
ADDRESS <i>357 Montgomery</i>	TELEPHONE <i>837-5260</i>
TELEPHONE <i>837-4258</i>	NAME <i>Bill MacDonnell</i> <i>(MR. M'S BROTHER)</i>
RELATIVES WHO MAY BE CALLED:	ADDRESS <i>45 Assiniboine St.</i>
NAME <i>Judy Blackburn</i>	TELEPHONE <i>452-1177</i>
ADDRESS <i>343 Ainslie St.</i>	IMPORTANT TELEPHONE NUMBERS:
TELEPHONE <i>837-6746</i>	FAMILY DOCTOR <i>Dr. Rutherford</i> <i>456-3030</i>
HOSPITAL <i>EM 1-1111</i>	TAXI <i>Speedy Cabs</i> <i>521-2211</i>
FIRE <i>EM 2-1111</i>	
POLICE <i>452-1000</i>	



Games you can play

BABY SITTER'S KIT

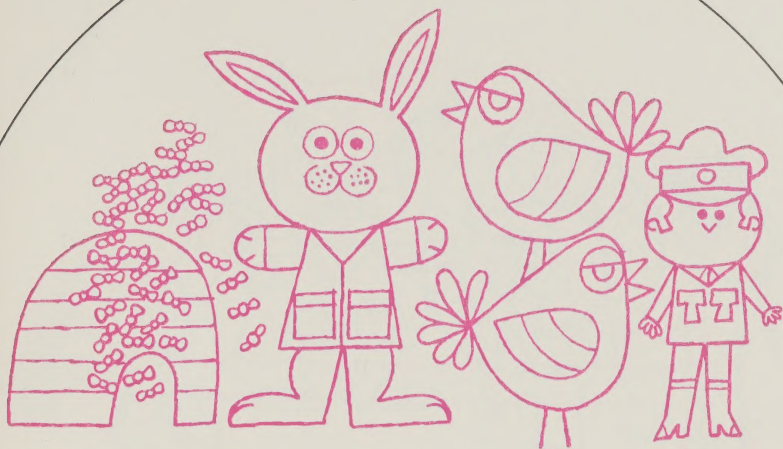
Take a few interesting materials to the house in a shopping bag. It would be well for you to have some things in mind to make with the materials, but if the child has his own ideas let him carry them out on his own initiative. If the child is interested and enjoying making something, let him do it his own way without correcting him. A child is easily discouraged and may not know how to copy your work. The child should not be given materials and games which are beyond his age level. You don't need to produce your materials and games if the child is busy and happy with his own toys.

SUGGESTIONS FOR THE SITTER'S BAG

Paper, pencils, crayons — for drawing and paper and pencil games. Coloured construction paper, used greeting cards, mail order catalogue — for paper cutting and gluing.

Paste and brushes, blunt scissors — to use with paper. Yarn, blunt needles, straws and circles of coloured paper — for necklace of cut straws and circles.

Simple riddles, guessing games — for children over five years. There are inexpensive books which give many suggestions for amusements, games and riddles for children.



For toddlers

BEE HIVES

Here are the bee hives,
(Lefthand cupped downward)
Where are the bees?
Hidden away where nobody sees.
(Hide fingers of right hand under left hand)
Soon they'll come creeping
Out of the hive.
One, two, three, four, five.
(Fingers come out one by one)
Buzz-zz-zz.
(Right hand circles round.)

PETER AND PAUL

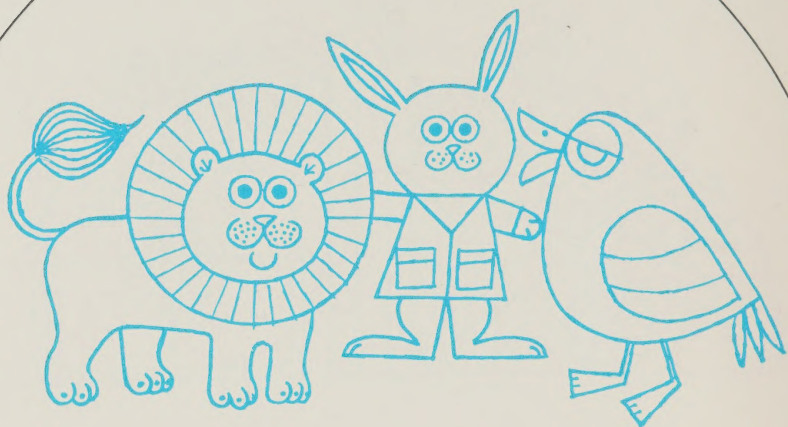
Two little birds sat upon a wall
(One index finger placed on each knee)
One named Peter, one named Paul.
(Raise each finger in turn)
Fly away Peter, fly away Paul.
(Waggle finger as you move arm behind back in arc)
Come back, Peter, come back, Paul.

HERE'S A BUNNY

Here's a bunny
(Raise two fingers)
With ears so funny.
And here's a hole in the ground.
(Make a hole with fingers of other hand)
At the first sound he hears
He pricks up his ears
(Straighten two fingers)
And pops right into the ground.
(Put into hole)

TOMMY THUMB

Tommy Thumb,
Tommy Thumb,
Where are you?
Here I am, here I am.
How do you do?
(Hands behind back — bring out thumbs and bend them up and down)
Then Peter Point — Toby Tall
— Ruby Ring — Baby Finger —
Finger family — here we are.



For grade-school children

PLAYING FARM OR CIRCUS

The following suggestions are for stunts for toddlers and older children. A theme could be used such as a farm or circus saying the following verse:

I went to visit a farm one day And this is what I heard it say
I saw a (cow) across the way (Moo-Moo-Moo)

As the verse is repeated different animals can be put in and suitable actions made up for each.

The Mule — The child puts hands on the floor, lowers his head and supporting himself entirely on his hands, lashes out with his hind legs saying hee-haw.

Rabbit — The child gets down on all fours and hops and leaps forward.

Duck — The child squats down with hands on ankles and waddles around the room saying

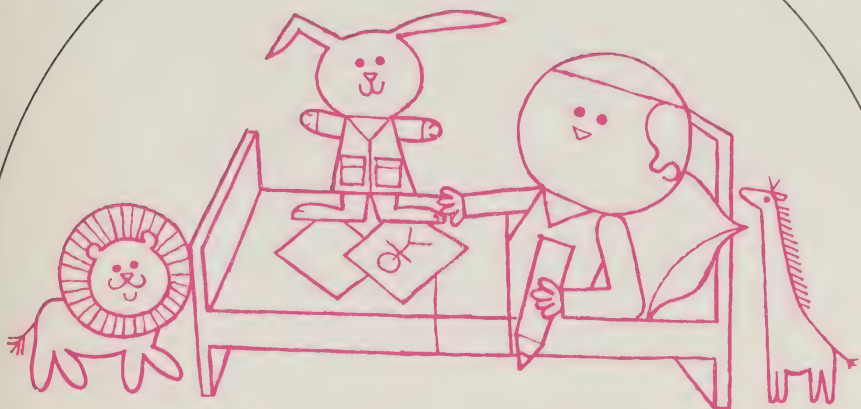
I think it is the best of luck With yellow socks and yellow shoes
That I was born a little duck, That I may waddle where I choose.

At the circus you could have

Tight-rope walker — The child with arms outstretched at each side tries to walk on a straight line on the floor.

Bicycle — The child lies on the floor, hands above his head and pedals an imaginary bicycle with his feet. This verse could be repeated as this stunt is performed:

I have a little tricycle,	I have a little tricycle,
I bought it at the shop,	I ride it to and fro,
And when I see the big red light	And when I see the big green light
I know it's time to stop.	I know it's time to go.



For the sick child

While you should not baby-sit for a child who is still very sick, you may help a mother by baby-sitting for half a day when the child is recuperating. Such a child may still be in bed or allowed up for a short time. Ask the mother exactly what he is permitted to do. Remember that the child, after being in bed so long, will be eager for fun, but keep the games simple so you do not tire him. Suggest some of the following activities.

String buttons on a thread or spools on a shoe lace with a firm metal end. Cutting and pasting is fun for older children. Catalogues, magazines and newspapers provide lots of pictures.

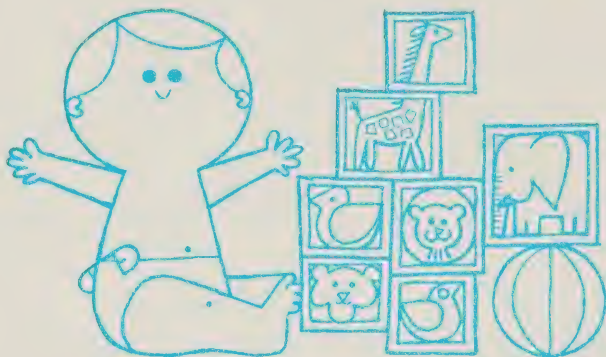
Make shadow pictures by placing a lamp so it shines on a wall, then the child can place his hands in such a way as to make a rabbit or a bird.

Use washed potatoes to make all kinds of animals. Punch holes with a nail, then use matches, with the heads broken off, to make legs and such.

Cover a board with flannel, then cut out all kinds of shapes from felt and put them on the board to tell a story.

Colouring is always fun. Use crayons, water paints or coloured drawing pencils.

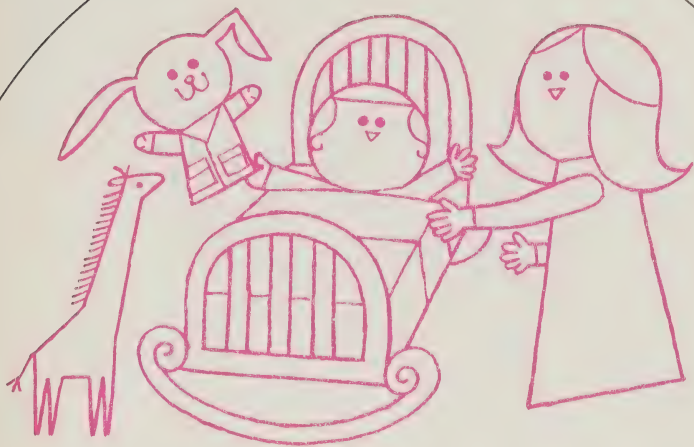
Model all kinds of animals with plasticine in different colours.



You & the baby

Unless you are experienced with babies, do not undertake more than evening sittings at first. Have the mother show you:

1. How to pick up and hold the baby. If he is held loosely or awkwardly, he will become frightened. Held properly he will feel that you love and understand babies. Carry him so that one of your hands is free.
2. How to change him. There are several good methods but it is best to follow the one the mother prefers.
3. How to prepare his bottle, where his drinking water is kept, and whether he takes it by cup, spoon or bottle.
4. How to give him the bottle. If the baby is tiny, hold him on your lap. For an older baby, sit beside the crib and hold his bottle. See that there is always milk in the nipple so that he is not swallowing air. Half-way through the feeding hold him on your shoulder (with a towel or diaper on it) and pat or rub his back gently until he bubbles up any air. Repeat this at the end of the feeding. Do not expect him to finish the bottle every time, as babies' appetites vary from time to time.
5. What position he likes to sleep in. Fix the side of the crib so he can't get out. Be sure he has no pillow and that the bed clothes are smooth and tight so he cannot get tangled or accidentally choke himself with them.



WHAT TO DO WHEN BABY CRIES

1. Check first to see if he needs changing or if pins are sticking in him or if he has an air bubble. Are his clothes and the bed smooth and comfortable? Feel his feet to see if he is too hot or too cold. A little patting and tucking-in may settle him down.
2. The most common cause of crying is an empty stomach. If he cries a long time before the usual feeding hour, try giving him a few tablespoons of water. If it is near his feeding hour give him the feeding.
3. If he still does not settle, repeat the suggestions under item 1 about every twenty minutes. He may just be sensing that his mother is not there, and want reassurance. Walk around with him a bit, or take him downstairs where you are.

If you can bring the crying to a stop, and make him calm and contented for a few minutes, chances are he will fall asleep.

Occasionally a baby cries the shrill high-pitched scream which indicates acute pain. It is quite different from ordinary crying, and it is your signal to get in touch with the baby's parents or other responsible persons.



You & the pre-school age child

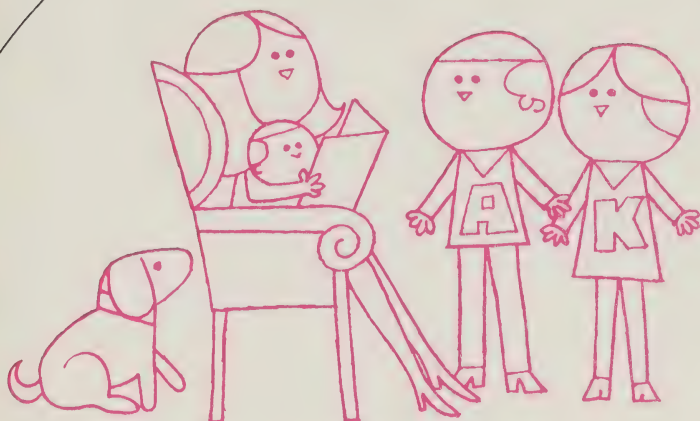
WHAT HE IS LIKE

Sitting with infants is easier but less interesting than with the toddler. Children from 18 months to 4 or 5 years are practically perpetual motion machines. Any teenager who has the stamina and wit to make a good job of taking care of them is indeed a blessing to the parents. Children this age do not hide their feelings or thoughts, and your patient understanding is rewarded by their affection and by a glimpse into their minds.

HOW TO GET ALONG WITH HIM

Be friendly in a quiet, relaxed way. Do not rush at the child with too much goodwill. Let him come to you. Listen more than you speak, and when you do speak to him, talk quietly and a little more slowly, bending down beside him. How would you like a giant shouting down at you all the time?

If the child becomes upset at the prospect of his parents leaving, don't try to argue him out of it. Just carry him to the window and try to get him to wave goodbye. It is surprising how many children will dry their tears before the parents are even out of sight. Now is the time to have some suggestions ready as to what the child could do.



Show him what is expected of him by setting a good example. Use positive suggestions. "Let's put the toys on the shelves" instead of "Don't leave your toys on the floor". Re-direct his interest to something that is all right. If he is splashing water, give him a boat. Offer him a choice of activities, such as "Do you want to undress yourself or shall I help you?" That will often take his mind off the fact that he does not want to undress at all.

A calm attitude of expecting the child to co-operate with you and to follow his usual routine will work wonders. If you get flustered and threaten the child with what will happen when his parents get home, he is apt to treat it as a game and try to find out just what you are going to do about it.

Another pitfall is romping so much with the children they become wild with excitement. Of course it is all right to have fun with them and a lively game after supper will help use up their energy. But long before bedtime you should get them calmed down by use of records, stories or quiet games.

Remember they particularly love having stories told or read aloud to them. You will never have a more attentive audience.

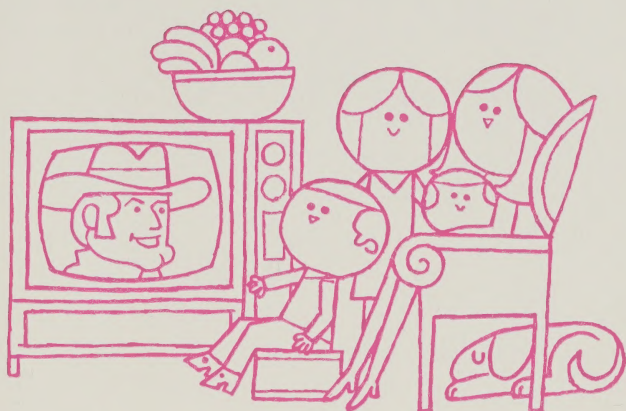


You & the school-age child

Baby-sitting with children of five or six years and over, is a different proposition; they stay up later and you will have to spend more time with them during the evening. These children are capable of looking after themselves in many respects, yet they are mischievous and thoughtless and are apt to be carried away by excitement, so you must be determined. Traffic accidents are the greatest danger at this age, so be watchful if the children are playing outdoors. Do not let them play ball games where they are apt to run after a ball on to the street.

A good plan is to spend a certain amount of time playing some game with a child this age, to show him that you are really interested in him and like him. Then you might suggest that he amuse himself while you start your homework.

Well in advance of bedtime, suggest that he get undressed and ready. Then read to him, either in the living room or in his bedroom to get him settled down and ready for sleep. Let him know how many pages you will read, or show him on the clock when it will be bedtime. Be sympathetic with his ingenious efforts to postpone bedtime — after all, you like to postpone it yourself. Be firm nevertheless, and if necessary, tell him you have to get on with your homework. If you keep him happy he will respect you when you enforce the bedtime hour.



With the child who is old enough to have homework himself, sit down with him and work on your homework while he is doing his. He will appreciate a little encouragement and help with his work. When he has finished suggest a game or a television program before you send him off to bed.

What about the older child who won't obey? Young baby sitters occasionally find that the school-age child may adopt the "I-don't-have-to-do-what-you-say" attitude. If the child has been present when you have discussed his program with his mother, he will be more likely to accept the fact that his parents have left you in charge. A mixture of good humour and firmness will usually control the child. Ignore any rude remarks children make to you. They are only trying to annoy you so do not let them succeed.

Never slap a defiant child, only use force to prevent him from doing something dangerous, such as running out into the street or leaning out of the window. Remember your own childhood when there may have been occasions when you puzzled your parents or baby sitters. However, such problems will be the exception in your baby-sitting experience.

Most children this age have a great admiration for teenagers, and if you have a program of activity to offer them and if you show that you know what you're doing they will usually co-operate wholeheartedly with you.

Information card

NAME OF PARENTS

ADDRESS

TELEPHONE: HOME

BUSINESS

WHERE PARENTS CAN BE REACHED DURING ABSENCE

NAMES AND AGES OF CHILDREN

BEDTIMES AND USUAL ROUTINES

NEIGHBOURS WHO MAY BE CALLED:

NAME

NAME

ADDRESS

ADDRESS

TELEPHONE

TELEPHONE

RELATIVES WHO MAY BE CALLED:

NAME

NAME

ADDRESS

ADDRESS

TELEPHONE

TELEPHONE

IMPORTANT TELEPHONE NUMBERS:

FAMILY DOCTOR

HOSPITAL

FIRE

TAXI

POLICE

Information card

NAME OF PARENTS

ADDRESS

TELEPHONE: HOME

BUSINESS

WHERE PARENTS CAN BE REACHED DURING ABSENCE

NAMES AND AGES OF CHILDREN

BEDTIMES AND USUAL ROUTINES

NEIGHBOURS WHO MAY BE CALLED:

NAME

NAME

ADDRESS

ADDRESS

TELEPHONE

TELEPHONE

RELATIVES WHO MAY BE CALLED:

NAME

NAME

ADDRESS

ADDRESS

TELEPHONE

TELEPHONE

IMPORTANT TELEPHONE NUMBERS:

FAMILY DOCTOR

HOSPITAL

FIRE

TAXI

POLICE

